



Douglas County Recovery Court

Douglas County Recovery Court - Participant Handbook

Welcome

Welcome to the Douglas County Recovery Court. This handbook says what is expected of you as a recovery court participant. You should read this handbook and share it with family and friends. You are expected to know the information in this handbook to help you follow the rules of the Recovery Court program. The Recovery Court seeks to make our community safer by offering community treatment services and a therapeutic court setting. Recovery Court provides the opportunity for participants to develop a structured, law abiding, and recovery supportive lifestyle. The Recovery Court team cares about you and will work to help you succeed.

The Recovery Court Team

The recovery Court Judge will make all decisions regarding your participation in Recovery Court with input from the Recovery Court Team. Before your appearances in Court, the Recovery Court Team will review your progress to help you in the program and your recovery. The Recovery Court Team has these members:

Judge

Assistant District Attorney Recovery

Court Coordinator Adult Services Officer

Treatment Provider(s) Peer Support

Law Enforcement Douglas County

Reentry Defense Attorney

Progress Reports

Before every Recovery Court hearing, the Recovery Court team reviews progress reports prepared by the supervising Adult Services Officer and Treatment Provider(s). In the reports, the Team is provided with your drug and alcohol test results, information regarding your participation in treatment, your attendance at probation appointments, your employment status, and any additional information about how you are doing in the program. The Judge will use this information to talk with you about your progress in Recovery Court. Incentives and sanctions will be given based upon your progress in Recovery Court.

Recovery Court Hearings

While in Recovery Court, you are required to attend court on a regular basis as directed by the team. How often you must come to court is based on your current phase in Recovery Court. If you fail to appear for court, a warrant will be issued for your arrest, and you will be held in jail until you can be seen by the Judge. If you are unsure of a court date or time, you should contact your Adult Services Officer or your attorney.

Confidentiality

Federal and State law requires that the privacy of your treatment information be protected. You will sign a Consent for Disclosure of Confidential Substance Use Information so that the team can get updates on how you are doing. Team meetings are private. Recovery Court hearings are open to the public and not confidential.

Phases of Recovery Court

Recovery Court is approximately 14 months, divided into five (5) phases. Each phase must be successfully completed prior to moving to the next phase. All phases must be successfully completed prior to your graduation (see “Douglas County Recovery Court Phases,” at the end of this handbook for expectations and requirements).

Recovery Court Rules

All participants in Recovery Court are required to follow the rules outlined in the participant contract, including but not limited to:

1. Be honest with your Recovery Court team; dishonesty undermines your progress.
2. Attend and participate in all required treatment sessions;
3. Follow all directions of the Court, Adult Services Officers, and Treatment Providers;
4. Do not use, possess, distribute, or sell any illegal drugs, alcohol, or mind-altering substances regardless of legality;
5. Do not take any unapproved over-the-counter medications;
6. Do not take any medication that is not prescribed to you;
7. Do not associate with any person selling, manufacturing, possessing, or using controlled substances;
8. Be on time for Court, treatment sessions, and any other Recovery Court required meetings or appointments;
9. Dress appropriately for Court and treatment sessions;
10. Respect others in Treatment Court. Verbal and/or physical threats toward anyone in the program, in the courtroom, or on the Recovery Court team are not allowed. This kind of behavior will be reported immediately to the Court and may lead to serious sanctions including termination from the Recovery Court Program.
11. Participants must get prior approval of the court for all personal associates during Phases 1-3. This means that you have to get court approval before you spend time with anyone outside of treatment or court.
12. Do not bring any weapons to treatment sessions or into Court;
13. Remain in the courtroom for the duration of the Recovery Court Docket;
14. Participants must get prior approval of the court for all employment;
15. Notify Law Enforcement that you are a Recovery Court participant and notify your Adult Services Officer of any Law Enforcement contact within 24 hours of the contact;
16. Do not possess, own, or use a firearm and/or ammunition;
17. No sexual contact, dating, or intimate relationship with any current Recovery Court participant, or other member of your treatment program;
18. Do not move, change residence, or living environment without the prior approval of the Recovery Court Team;
19. Do not participate in or commit any new crime.

Incentives and Sanctions

Douglas County Recovery Court uses incentives and sanctions to help participants follow the program rules. The Court will put your name into a monthly drawing for every week you are sanction free. A name will be drawn at random each month, and the winner of the drawing receives a basket full of prizes.

Each participant has punch cards that are used to track positive progress. These punches are earned in a variety of ways throughout the program (see examples): prosocial living/networking, treatment attendance/homework completed, supervision/drug testing compliance, employment verification/promotions and recovery-based behaviors.

Examples of Incentives include:

- In Court praise from the judge and the team
- Applause from the team and other participants
- Plinko-Chips presented by the Judge and District Attorney's Office.
- Letters of Support can be written to other Courts, dual supervision officers and employers about program compliance
- Phase up rewards including certificates of achievement
- Prizes
- Food
- More privileges such as who you spend time with and where you go.
- Punch Cards. Once a card is filled with punches a "goody bag" filled with a selection of prizes is awarded

When the Judge determines that you have violated or not complied with Recovery Court rules, the Judge may impose a sanction. The Team will make a recommendation whether to sanction and what sanction to impose. The Recovery Court Judge will make the final decision.

Examples of **Sanctions** given may include: (see "*Sanction Guideline Grid*")

- Verbal warning from the Recovery Court team or the judge
- Writing assignment/essay
- Community Service Work
- "Day In Court"
- Curfew and Travel restrictions
- Increased Court appearances
- Extension of time in current Phase
- Electronic Monitoring
- Increase in drug and/or alcohol testing
- Jail Sanction
- Removal from the program

Behaviors that May Result in Sanctions and/or Removal from the Program

Examples of behaviors that may result in sanctions and/or removal from the program include:

- Being dishonest with Recovery Court team;
- Having a positive drug or alcohol test, failing to show for a drug or alcohol test, or producing a diluted or adulterated sample;
- Being late or failing to attend treatment, probation appointments, or Court;
- Failing to report contact with law enforcement;
- Being arrested and/or convicted of a new offense;
- Leaving Douglas County or the State without prior authorization, or moving outside Douglas County;
- Violating Curfew-(if one is imposed);
- Possessing drugs, alcohol, drug paraphernalia, or "designer drugs" that can be purchased, possessed or used legally.
- Willfully not complying with a Court order or Team recommendations.
- Any violation of Recovery Court rules.

Drug and/or Alcohol Testing Procedure

The Recovery Court requires random drug and alcohol testing in addition to testing as directed by the Recovery Court Team or treatment provider(s). All participants are assigned a Personal Identification Number and are enrolled in the random PIN code calling system. The participant must call daily and report for testing as outlined in the Random Substance Use Testing Assignment. All drug screens will be observed to ensure compliance and proper chain of evidence is followed. The Adult Services Officer or the judge may direct additional testing.

Sobriety is important for success in Recovery Court. Drug and/or alcohol usage while in the program is taken seriously. If a positive drug or alcohol test is submitted, the participant may receive an immediate sanction and increased substance abuse treatment.

Medication Assisted Treatment (MAT)

Medication Assisted Treatment (MAT) is an important part of recovery for many people with substance use disorders. The Recovery Court supports and encourages MAT when medically necessary and appropriate for the specific participant.

Recovery Court participants are encouraged to discuss MAT with their medical provider while in the Recovery Court program. The Recovery Court Team will assist participants in accessing MAT to the extent possible.

Participants who are receiving MAT services must allow communication between the Recovery Court team and all medical professionals involved in the MAT plan. MAT is approved by the court if it is prescribed lawfully by a licensed medical provider, who has personally examined the participant,

diagnosed the participant as having a substance use disorder, and determined that the medication is appropriate to treat the disorder.

Graduation

Eligibility for Graduation is based upon successful completion of all court requirements and phases. Graduation from the Recovery Court is recognized as an important event. Participants are encouraged to invite loved ones to attend their graduation ceremony. Participants have the option of a public or private graduation. The Recovery Court Team will congratulate the participant on all the hard work he or she put into achieving a Life Changing Gift- Recovery!

Post-Graduation Follow Up

To help the Douglas County Recovery Court improve, we ask graduates to participate in post-graduation follow ups. Understanding the experience of Recovery Court graduates is important for the program and may help others in the community.

Douglas County Recovery Court Phases

Treatment Courts Work

Recovery Court consists of five phases that address participants' needs in a manageable sequence. Recovery Court uses a holistic approach to help participants develop and maintain long-term recovery from substance use.

Phase 1: Crisis Stabilization & Program Orientation

Goals

1) crisis intervention, 2) orientation to Recovery Court, 3) comprehensive screening and assessment, 4) development of treatment plan, and 5) development of community supervision plan.

Estimated phase duration: 30-60 days

Participant Requirements & Team Tasks

- Complete baseline assessments for supervision and treatment
- Develop a collaborative, person-centered treatment plan
- Develop an individualized community supervision plan
- Obtain court-approved housing (may be short-term/emergency shelter)
- Engage with medical provider for physical and medication assessment, including MAT
- Provide at least two (2) to three (3) random urine drug/alcohol screens per week
- Attend treatment as recommended by treatment plan
- Attend court weekly
- Meet weekly with supervision officer

Phase-Up Eligibility

- Complete program orientation – participant is familiar with program rules/requirements
- Obtain shelter or short-term housing that is approved by the court
- Create a person-centered treatment plan with treatment provider
- Create a community supervision plan with supervising officer
- Attend or schedule medical appointment for basic physical and medication needs

Phase 2: Psychosocial Stabilization

Goals

1) stable housing, 2) reliable attendance, 3) therapeutic alliance, 4) clinical stability defined as: *treatment determines that the participant is not experiencing debilitating symptoms that interfere with their ability to attend sessions or benefit from interventions.*

Estimated Phase Duration: 90-120 days

Participant Requirements & Team Tasks

- Evaluation for medication-assisted treatment (MAT) if not previously completed
- Plan for court-approved employment, training, education, community service, or court-approved community engagement activities
- Obtain stable, longer-term, court-approved housing
- Provide at least two (2) to three (3) random urine drug/alcohol screens per week
- Attend court weekly
- Attend treatment as recommended by treatment plan
- Meet weekly with supervision officer
- Continue to address medical needs and take medications as prescribed
- Review and update treatment plan
- Review and update community supervision plan

Phase-Up Eligibility

- Obtain stable, longer-term, court-approved housing
- Consistent attendance at court, supervision, drug testing and treatment
- Clinically stable as determined by treatment
- Create a relapse prevention plan with treatment provider
- Create a plan for employment, training, or community engagement with supervising officer

Phase 3: Pro-Social Habilitation

Goals

1) prosocial routine, 2) prosocial skills, 3) abstinence efforts

Estimated Phase Duration: 90-120 days

Participant Requirements & Team Tasks

- Obtain court-approved full-time employment, educational classes, community service, or court-approved community engagement activities
- Maintain stable, longer-term, court-approved housing
- Active involvement in community recovery support groups
- Begin criminal thinking curriculum or other approved specialized therapy
- Provide, on average, two (2) to three (3) random urine drug/alcohol screens per week
- Attend court every two weeks
- Attend treatment as recommended by treatment plan
- Meet weekly with supervising officer
- Continue to address medical needs and take medications as prescribed, including MAT
- Review and update treatment plan
- Review and update community supervision plan

Phase-Up Eligibility

- Attend at least two (2) community recovery support groups each week
- Obtain court-approved full-time-equivalent employment, education, training, community service, or court-approved community engagement activities
- Begin criminal thinking curriculum/class or other approved specialized therapy
- Demonstrate consistent periods of abstinence
- *Maintain stable, longer-term, court-approved housing*
- *Maintain consistent attendance at court, supervision, drug testing and treatment*
- *Maintain clinical stability as determined by treatment provider*

Phase 4: Life Skills

Goals

1) enhance life skills, 2) adaptive role – employment, school, etc., 3) early remission

Estimated Phase Duration: 90-180 days

Participant Requirements & Team Tasks

- Provide, on average, at least two (2) random urine drug/alcohol screens per week
- Meet with supervision officer once every two weeks
- Attend court once per month
- Attend treatment as recommended by treatment plan
- Maintain stable, longer- term, court approved housing
- Maintain court-approved full-time employment, training, education, community service, or court-approved community engagement activities
- Make plans and arrangements to satisfy restitution, court costs, fees or fines
- Continue to address medical needs and take medications as prescribed
- Review and update treatment plan
- Review and update community supervision plan
- Continue criminal thinking curriculum/class or other approved specialized therapy
- Attend Recovery Court Alumni Group meetings and events
- Identify and begin appropriate life skills curriculum
- Plan court-approved restorative justice project

Phase-Up Eligibility

- Establish payment plan with steady payments for fines and court costs
- Attending Recovery Court Alumni meetings and events
- Begin appropriate life skills curriculum
- Plan court-approved restorative justice project
- Early Remission – 90 days without clinical symptoms as determined by treatment
- Demonstrate consistent abstinence of approximately 90 days
- *Maintain stable, longer-term, court-approved housing*
- *Maintain consistent attendance at court, supervision, drug testing and treatment*
- *Maintain clinical stability as determined by treatment*
- *Maintain court-approved full-time employment, training, education, community service, or court-approved community engagement activities*
- *Continue to Attend two (2) Recovery Support Groups each week*
- *Continue or complete criminal thinking curriculum/class or other approved specialized therapy*

Phase 5: Recovery Management

Goals

1) Recovery Management Activities, 2) Restorative Justice Activity, 3) Abstinence Maintenance

Estimated Phase Duration: around 90 days.

Participant Requirements & Team Tasks

- Provide at least one (1) random urine drug/alcohol screen per week
- Attend Court once per month
- Meet with supervision once every two weeks
- Maintain court-approved full-time employment, training, education, community service, or court-approved community engagement activities when ordered by the court
- Maintain stable, longer-term, court-approved housing
- Begin and complete court-approved restorative justice activity
- Continue to address medical needs and take medications as prescribed
- Review and update treatment plan
- Review and update community supervision plan
- Attend Alumni Group meetings and events
- Complete life skills curriculum
- Complete criminal thinking curriculum or other specialized therapy (unless plan to continue after Recovery court)
- Payment of restitution, fines, fees, and costs
- Consistent abstinence

Program Completion

Graduation Eligibility

- Complete court-approved restorative justice project
- Restitution, fines, fees and court costs in this case are paid unless otherwise approved by the court
- Complete criminal thinking curriculum/class or other approved specialized therapy (unless therapy continues after Recovery Court)
- Complete appropriate life skills curriculum
- Demonstrate consistent abstinence of at least 90 days
- *Maintain stable, longer-term, court-approved housing*
- *Maintain consistent attendance at court, supervision, drug testing and treatment*
- *Maintain clinical stability as determined by treatment*
- *Maintain court-approved full-time employment, training, education, community service, or court-approved community engagement activities*
- *Continue to Attend two (2) Recovery Support Groups each week*
- *Continue to attend Recovery Court Alumni meetings and events*
- *Continue consistent abstinence of at least 90 days*